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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 62% Partly Cloudy Sensex 81,921 | Nifty 25,041 | Gold 71,773 | Silver 83,655 | Dollar 83.98 | Euro 92.54 | GBP 109.65

HIGH TIME

CCB's Anti-Narcotics Squad has been busy, cracking down on drug rings, seizing substances worth nearly Rs 3 crore

PAGE 3

WASTE NOT

State plans to ask sellers to mandatorily buy back old TVs, computers, mobile phones, chargers in bid to tackle e-waste

PAGE 5

BBMP's plan to resume installation of tree grates on 50-km of high-density corridors across city welcome, but activists want avenue trees to be handled with care during road projects

PUT ON A GRATE SHOW FOR TREES

'Opening space up around trees will help them absorb nutrients better'

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After a series of fatal tree fall incidents in the city, Bruhat Bengaluru Mahanagara Palike's (BBMP) Road Infrastructure Department has decided to relook into its old proposal to fortify avenue trees.

Under the proposal, the Road Infrastructure Department plans to install tree grates on 50 km of high-density corridors across the city.

According to Dr BS Prahalad, Chief Engineer (road and infrastructure), BBMP, the initiative with a budget allocation of Rs 1 crore will be completed before December 31.

"Last year, we launched the pilot of the project on Malleshwaram 18th Cross Road. We installed cement grates at every tree base on a stretch of nearly 8 km. However, the project was discontinued due to unavoidable reasons. This time around, tree grates will be installed on the majority of high-density corridors across the city. We are looking at covering avenue trees along at least 50 km of these corridors,"

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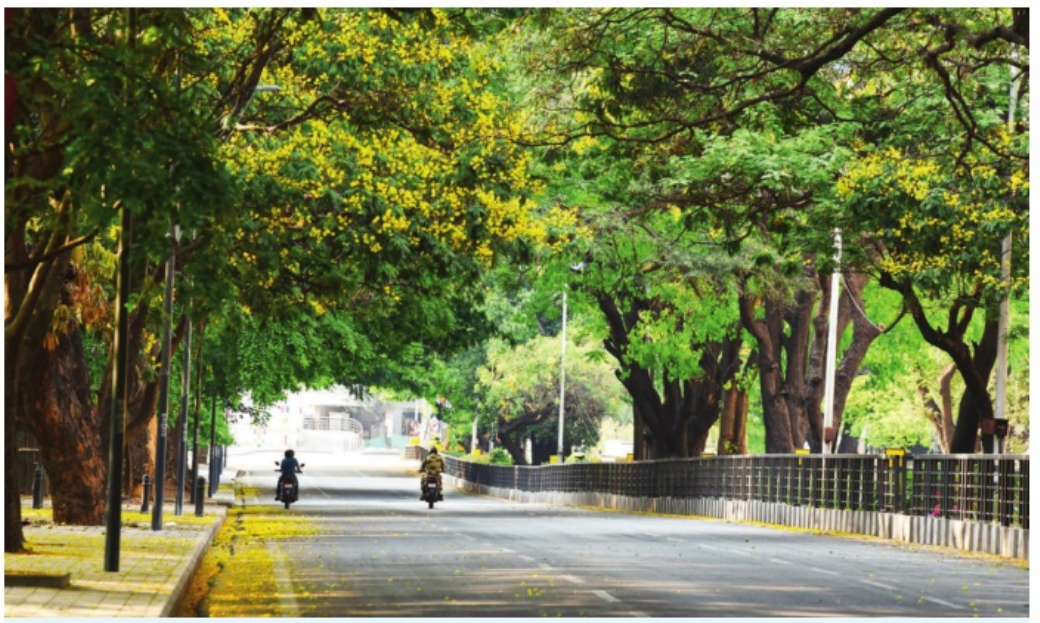

"The Palike should ensure that there are strict terms and conditions around the handling of avenue trees in the contracts awarded. Contractors failing to stick to these terms should be penalised

—Dattatraya Devare, Bangalore Environment Trust

Knock, knock: Deadline for HSRP here

Of state's 2 crore-plus vehicles, just 52 lakh have installed HSRP though fining will start come Sept 16

| Sridhar.Vivan
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The deadline for installing High-Security Registration Plates (HSRP) is September 15. Vehicles without HSRP will face a fine of ₹500. Even so, out of the over 2 crore vehicles in the state, only 52 lakh have installed HSRPs. For first-time offenders, a ₹500 fine will be imposed, while repeat offences will incur a fine of ₹1,000.

C Mallikarjun, Additional Commissioner of Transport (Enforcement, South), said, "Fines will be enforced starting from September 16. Special enforcement drives will be conducted in Bengaluru and other districts, with both the police and transport departments responsible for imposing the fines." He further explained that HSRPs are crucial for vehicle security and identification, which aids in reducing vehicle-related crimes. "Many vehicles are yet to comply with the HSRP requirement, and joint efforts by the police and transport department will address this issue," he added.

Only 57.7% govt vehicles have got HSRP

The State Government says there is lack of interest among the general public to get HSRP, but even its departments are not showing interest to get the number plate upgrade. Currently, out of the 32,848 government vehicles registered in the state, only 13,901 have been affixed with HSRP.

CONTINUED ON PAGE 8 >>

3 THINGS TO DO

01 Experimental play

Watch a Kannada play 'Project Darling,' a humorous and incisive examination of female sexuality at the crossroads of censorship and culture. Directed by Sharanya Ramprakash, the play is based on a research project where the director interviewed several female performers from the Kannada company theatre. The play juxtaposes videos, photos, and soundscapes from her research with song, dance, puppetry, and clowning as it seeks to rewrite Kannada Rangabhoomi's women performers back into our cultural history. **Where: Ranga Shankara**
When: September 13, 7:30 pm

02 Literature fest

India's first and most-attended 'Bangalore Business Literature Festival' is back with its 10th edition with themes including crafting careers in the VUCA World; investigative writing on India's business and economy; the story of Indian unicorns; what AI has in store for professionals, businesses, and students; and the compelling stories of Indian brands, among others. The festival will feature India's prominent authors, business leaders, entrepreneurs, CXOs, and academicians and will launch several new books as well. **Where: Catholic Club, Museum Road**
When: September 14, 10 am to 8 pm

03 Inclusive gathering

Join in for a weekend filled with art, culture, entertainment, and entrepreneurship at the 5th edition of 'Maya Bazaar.' This pet-friendly festival will feature over 150 stalls, offering a diverse range of products and experiences from queer-owned, women-owned, and ally-owned businesses. Along with the LGBTQIA+ community, this year's festival expands its reach to include persons with disabilities (PwD) and the Dalit, Bahujan, and Adivasi (DBA) communities, fostering a truly intersectional and inclusive experience.
Where: Jayamahal Palace Hotel Grounds
When: September 28 & 29, 10am to 10pm

Validity first: VTU acts tough on fake internships

To curb rising problem of fraudulent internships, university's new system will validate authenticity of internship certificates

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The Visvesvaraya Technological University (VTU) has now instituted a rule requiring students to undertake internships only with companies that are officially registered with the university in response to many students submitting fake internship certificates.

Confirming this, VTU Vice Chancellor S Vidyashankar said, "Currently, students often receive certificates from small, possibly non-existent companies. VTU's new system will help validate the legitimacy of these companies and the certificates issued. The initiative is part of VTU's broader efforts to ensure that students receive authentic and valuable internship experiences." He added that VTU will develop a dedicated software system that will allow students to upload their internship certificates online, which will then be verified through a centralised platform. This will ensure that all submitted certificates are genuine and prevent students from presenting fake documents.

VTU oversees 208 engineering colleges, and each semester, around 4,000 students enroll in internships. Many students secure job opportunities with reputable companies during their internships. VTU is collaborating with NASSCOM and FKCCI (Federation of Karnataka Chambers of Commerce and Industries) to obtain information about registered companies, which will help verify their authenticity and the internships they offer.

An official said, "This measure will ensure that students undergo genuine internships and protect the academic credibility of VTU and its affiliated institutions. Internships offer students practical experience, and by working only with registered and verified companies, students can gain meaningful skills that will enhance their employability in a competitive job market. The rise in fake internship certificates is not only an academic issue but also a potential legal one. Introducing a system that verifies internships will help curb fraudulent practices, protecting the reputation of both students and the institution."

Skill enhancement courses

Meanwhile, VTU has introduced Skill Enhancement Courses (SEC) for students, aimed at equipping them with specialised skills that complement their academic knowledge and prepare them for the evolving demands of the industry. No registration fees are required, and the application form is freely available, ensuring that all students can easily participate. The deadline for registration and submission of applications is set for September 15, 2024. An official said, "The courses are designed to fit seamlessly into students' existing academic schedules, allowing them to learn at their own pace. Each course is worth three credits, and students must complete a series of courses totalling the credit requirement for their internship. Further details can be found on the VTU's official platform, online.vtu.ac.in."

The official further added that students have the option to either complete five individual courses, each worth three credits, or opt for a bundled program of 15 credits. "These courses are available to students from any branch, and those who complete them will receive placement assistance through VTU's centralised placement cell (CPC). This initiative helps students enhance their skills while providing valuable career support."

'Internships offer students practical experience where they can gain skills that will enhance their employability'

> **"This measure will ensure that students undergo genuine internships & protect VTU's academic credibility**
> – Official

Study reveals epigenetic similarities in vaping & smoking

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A study published in the American Journal of Respiratory Cell and Molecular Biology titled 'Epigenomic Dysregulation in Youth Vapers: Implications for Disease Risk Assessment' has shown effects of vaping versus smoking on the oral cell methylome of healthy young vapers and smokers relative to non-users.

The study stated that whereas vapers and smokers differ in various differentially methylated regions (DMRs), they share striking similarities in the distribution and patterns of DNA methylation, chromatin states, transcription factor binding motifs, and pathways.

Dr Somashekhar SP, Lead Consultant–Surgical & Gynaecological Oncology & Robotic Surgeon, Aster CMI Hospital, said, "Epigenetics refers to the noncoding regions of the genome that regulate the expression of different genes or coding regions. The changes in the epigenome, i.e., methylation or histone modification, can cause silencing or overexpression of important cancer-causing genes. Hence, research studying epigenomic modifications is of paramount importance to discover patterns and biomarkers that help in early diagnosis, treatment, or prevention."

Dr Sachin Kumar, Senior Consultant–Pulmonology & Critical Care Medicine, Sakra World Hospital, said that a recent study has established a potential link between e-smoking and lung cancer. While this finding may not be entirely surprising, it underscores the well-known fact that e-cigarettes contain nicotine-like substances and other harmful chemicals similar to those found in traditional cigarettes. The main outcome of the study suggests that e-cigarettes should be treated similarly to cigarettes due to their potential health risks. "Although there is a myth that e-cigarettes are considered less harmful than conventional smoking, studies have shown that, apart from the risk of lung cancer, e-smoking in young teenagers is associated with a condition known as vaping-induced lung damage. Teenagers who vape often experience symptoms such as breathing difficulties, which can necessitate ventilator support and can result in a condition known as acute respiratory distress syndrome (ARDS), a serious form of lung damage."

Dr Suhas HS, Consultant–Pulmonologist, Manipal Hospital Sarjapur Road, added that enhancing public awareness and implementing regulatory actions regarding the health consequences of vaping is crucial, particularly given its growing popularity among youth. "Despite e-cigarettes being banned in India, many individuals, especially youths, continue to use them. Stricter regulations are needed to address the rising issue of e-cigarette use among young people," he said.

Attack on Sarja trainer: Actor's manager arrested

Gym trainer was assaulted by armed men when riding home

In a development following the high-profile murder case involving film actor Darshan, the Banashankari police have arrested Ashwin, the manager of actor Dhruva Sarja, along with three accomplices, in connection with the assault of a personal gym trainer on KR Road on May 26.

The victim, 31-year-old Prashanth Poojari, a fitness trainer for Dhruva Sarja, was attacked as he was riding back home after a training session at Sarja's residence in Banashankari. The assault occurred around 9.45 pm in Banashankari 2nd Stage. Two men on a motorcycle, armed with a sword and a baseball bat, confronted Poojari. Despite his attempts to evade the attack, Poojari sustained injuries.

The attackers fled towards Sarja's house, and Poojari was taken to a private hospital before he filed a complaint with the police. Based on his report, the police registered cases under Sections 341 (wrongful restraint) and 307 (attempt to murder) against the unidentified assailants and began analysing CCTV footage from the vicinity.

The police on Sunday apprehended the suspects identified as Harsha and Subhash, who confessed that they had been hired by Nagendra, Sarja's driver. Further interrogation revealed that Nagendra acted under the direction of Ashwin, Sarja's manager. Ashwin was subsequently arrested following Nagendra's confession.

The initial investigation suggests that Nagendra and Ashwin were dissatisfied with the close relationship between Poojari and Dhruva Sarja, which may have motivated the attack. Further investigation is ongoing. —BMB

Anti-Narcotics Squad on a roll

Drugs smuggled from all over worth nearly Rs 3 cr seized after multiple raids, arrests

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Some of the seized narcotics were in packets of cornflakes, biscuits and chocolates

Drugs arriving from various global sources have been intercepted by the Central Crime Branch's (CCB) Anti-Narcotics Squad, leading to the dismantling of a major drug trafficking network in the city. The operation resulted in the arrest of seven persons, including a female foreign national, and the seizure of narcotics including marijuana, heroin, MDMA crystals, Ecstasy pills, LSD strips, and hydro-ganja. These substances were smuggled into the city from Belgium, Thailand, and Indian states like Manipur, Meghalaya, and Kerala, and are valued at 2.99 crore.

The Police commissioner said the source of the ganja comes from Bihar and Orissa, with outsiders involved in drug trafficking often entering on student, emergency, or business visas. "Controlling crime is like shaving; if you miss a day, it starts to grow back. If neglected, it can lead to a significant problem," he said.

Tip-off and bust

The first operation occurred on September 4 near Rose Garden under the jurisdiction of Vivek Nagar Police Station. Acting on a tip-off, officers raided a house and arrested a drug peddler caught selling 10 kg of ganja, valued at 10 lakh. Just days earlier, on August 26, a Manipur-based drug peddler was apprehended by the Anti-Narcotics Squad in Yeshwantpur, as he attempted to sell 84 grams of heroin worth 75 lakh in SBM Colony. The arrest followed intensive surveillance of the peddler.

The squad shifted its focus to Vidyaranyapura on August 30, where a foreign national, residing on 8th E Main, was caught selling 96.66 grams of MDMA crystals worth 10 lakh. Having come to India on a business visa in 2019, she had since become embroiled in the narcotics trade, with a NDPS (Narcotic Drugs and Psychotropic Substances) case registered against her in 2023.

Raiding rings

The bustling locality of HSR Layout witnessed two major operations in early September. On September 9, a private company employee was arrested in possession of 999 LSD strips and 998 MDMA pills, smuggled into India via the post office from Belgium. Valued at 1.5 crore, these party drugs were intended for distribution at various underground events. The accused, originally from Nelamangala, had been using his international contacts.

In another operation on September 2, officials raided the home of a Kerala-based drug dealer involved in selling 1 kg 40 grams of hydro ganja, worth 50 lakh. The investigation revealed that the dealer had imported the drug from Thailand through the Indian postal service. In a raid in Begur on August 31 at an apartment, a person who had smuggled in 5 kg of ganja from Meghalaya, was nabbed. On September 2, CCB raided a playground in Hennur Bande and seized a staggering 21 kg of ganja, worth 21 lakh, hidden in two suitcases. Three persons from out of state were arrested during the raid.

> **"If crime control is neglected, it can lead to a significant problem. The police must remain vigilant and ensure justice is served** – Police Commissioner

In two operations in Banaswadi and Indiranagar on September 2, a drug dealer was apprehended at SMAT railway station, attempting to sell 5 kg of ganja. The peddler had smuggled the drugs from Odisha.

And on September 3rd, the Indiranagar Police Station received information about an individual selling 78 grams of MDMA crystals, valued at 2.34 lakh, near the BDA Complex. The accused had smuggled the MDMA from Kerala.

Acting on a tip-off, the JB Nagar Police Inspector busted the plans of a man selling ganja to the public at an open area next to Katte Muneswara Temple on Challaghatta Road. A raid was conducted, resulting in the seizure of 2 kg 800 grams of ganja, valued at 3 lakh, along with one two-wheeler, 8,500 in cash, and a mobile phone.

Not biscuits

When CCB officials raided a residence in Vidyamanya Nagar under Byadarahalli Police Station on September 4, they seized over 2 kg of hydro ganja, valued at 1.22 crore. The accused had been importing the drug from Thailand, smuggling it into Bengaluru hidden in bakery boxes, flown in as biscuits and chocolates.

IN BRIEF

Accused in crypto fraud nabbed

The Bangalore Cyber Crime Branch has arrested Shubhang Jain, 26, in connection with a large-scale cryptocurrency fraud case involving Cipher Technologies Pvt Ltd. The case, registered under various sections including 406, 408, and 420, stems from an incident in April 2022, where the accused allegedly manipulated the complainant company's Christo wallet.

Jain reportedly altered the company's password, transferred substantial amounts of Christo currency into his and associates' wallets, and converted these funds into rupees through Christo exchanges. The fraudulent activities led to a multi-crore loss for Cipher Technologies, based in Subramanya Nagar. During the investigation, authorities seized two mobiles and two laptops. BMB

Armed with pepper spray, screwdriver

A heated road rage incident on ITPL Main Road, Whitefield, took a dangerous turn on September 5 when a cab driver was pepper-sprayed during an altercation with another motorist. The incident unfolded after a minor collision between the vehicles, leading to a verbal argument filled with abuse.

The cab driver attempted to flag down the occupant of the other car and even tried to open the car door through the window. In response, the other motorist pepper-sprayed the cab driver in the eyes as he attempted to step out of his vehicle.

The cab driver reacted by taking a screwdriver from his car and hitting the window of the other vehicle multiple times. He then went on to damage the car's bonnet and mirrors. The entire confrontation was captured on the dashcam of the car whose occupant used the pepper spray. BMB

Woman assaults govt hospital doctor

A video shared by BJP leader CT Ravi on social media captures an incident where a woman assaulted a government doctor on duty in Chikkamagaluru. According to police, the altercation occurred on Tuesday at approximately 12.30 pm.

The woman arrived at the hospital following a domestic dispute with her husband, who arrived simultaneously. Both parties sought to file complaints against each other and required medical certificates. The on-duty doctor attempted to mediate the situation, but the woman became agitated. The police have detained the woman. BMB

Minefield of potholes & craters

Locals doubt BBMP will meet deadline to fix KHB Main Road's hazardous condition, which has made daily commutes perilous

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Will the Bruhat Bengaluru Mahanagara Palike (BBMP) engineers meet Deputy Chief Minister DK Shivakumar's deadline to fill potholes? While the deadline aims to bring much-needed relief to thousands of motorists, residents of Kanaka Nagar and nearby areas in the Pulakeshinagar and Sarvagnanagar Assembly constituencies remain sceptical. Many have lost faith in the BBMP's ability to fix the pothole-laden KHB Main Road near the Veerannapalya railway gate, as their repeated complaints about the deteriorating road have gone unanswered. For them, the potholes have become more of a hurdle than the railway gate itself.

A stretch of KHB Main Road is filled with potholes and craters, causing frequent accidents for parents on two-wheelers taking their children to school. With around 10 schools along this road, many parents are forced to navigate the hazardous conditions daily, putting themselves and their children at risk. "I am facing a lot of problems while dropping my daughter at the school due to potholes and craters on this road. It is too difficult to commute on this road whenever it rains. The stretch will look like a mini pond causing inconvenience to two-wheeler riders," said Hareem, a resident.

Amjad Ahmed, president of the Kanakanagar Welfare Association, has urged elected representatives and BBMP engineers to address the issue, stating that despite numerous complaints from residents, no action has been taken to fill the potholes and craters on the road. "I urge the BBMP engineers to asphalt the stretch as early as possible for the benefit of thousands of motorists who commute on this road," said Amjad Ahmed.

Shop owners along the road are struggling with the foul odour from a clogged roadside drain filled with silt and dirty water, making it difficult to manage their businesses. "The BBMP Health Department advises residents to keep surroundings clean but does nothing to ensure no clogging of the drain in front of my shop. I have to use mosquito repellents to protect myself from mosquitoes. I have lost some customers due to an unhygienic atmosphere and water logging whenever it rains," said Solanki, a shop owner.

Residents have reported frequent railway gate closures during peak hours and noted that while a railway overbridge was proposed, construction has yet to begin. "The poor condition of the road, with no drain on one side and a clogged drain on the other, highlights the negligence of the authorities responsible for its maintenance. Having traffic police present during peak hours would be highly beneficial, but currently, only one home guard is assigned to manage traffic. At least two home guards or traffic police constables are needed to assist motorists during these busy times. My friends and I have installed a road divider on the other side of the railway gate. We are ready to sponsor a road divider on this stretch if the BBMP authorities asphalt this road and facilitate drainage to ensure no water logging," said Abdul Samad, a social activist.

Meanwhile, BBMP Executive Engineer (Pulakeshinagar) said that a drain on one side of the road was closed due to the railway track. "I will inform the Major Roads Department to fix this problem," said the Executive Engineer.

When informed, Pulakshinagar MLA AC Srinivasa said that he would direct the Executive Engineer to look into the matter. "The problem will be fixed within a few days," the MLA said.

(1) A drain on the KHB Main Road that is clogged with silt and contaminated water; (2) A stretch of KHB Main Road plagued by potholes and craters (3) Poor condition of road near Veerannapalya Railway Gate

BBMP says 'app-solutely no' to potholes in South Zone

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The Bruhat Bengaluru Mahanagara Palike South Zone is now using a dedicated app to track civic issues. To streamline road maintenance tasks such as pothole repairs, stormwater drain desilting, debris removal, and other road-related concerns, the Southern Zone has introduced Issue Management Software (ISSUE App). This application allows for real-time monitoring of ongoing work and ensures that issues are addressed efficiently and promptly across the Southern Zone.

BBMP's Zonal Commissioner (South) Vinoth Priya said, "The ISSUE App has been instrumental in tracking complaints and overseeing various road maintenance efforts. It is being used to manage complaints regarding potholes, stormwater drain blockages, debris removal, and other critical infrastructure issues, ensuring that road-related grievances are addressed on priority." After inspecting the potholes near BTM Layout 2nd Stage, Vinoth Priya stated that executive engineers of each division have been entrusted with the responsibility to ensure that potholes on roads under their jurisdiction are fixed without delay. The pothole repair initiative is being carried out on major roads as well as ward roads across the zone.

Prioritising complaints through ISSUE App

"Pothole complaints submitted via the ISSUE App, Pothole Tracking Software, and Sahay 2.0 are being given top priority. Since April 2024, 438 complaints have been received through the Pothole Tracking Software, of which 379 potholes have already been repaired. The remaining 59 potholes are set to be repaired shortly. In the ISSUE App, out of 750 complaints, 599 have been resolved, and 151 potholes are still pending. All pothole-related complaints received via Sahay 2.0 have been fully addressed. Apart from addressing citizen complaints, engineers are also proactively identifying and repairing potholes", she added.

The Southern Zone, which includes both major and ward roads, spans a total length of 1,746 kilometres. As part of an extensive road resurfacing project, 75.30 kilometres of severely damaged roads are set to be asphalted, with priority given to those in the most critical condition. This initiative aims to improve the overall infrastructure and ensure safer roads for public use.

The Southern Zone is home to six Legislative Assembly constituencies and 44 wards. It includes a total of 10,768 ward roads, covering a distance of 1,528.70 kilometres. Additionally, there are 87 major roads, which together account for 218 kilometres. With a combined total road length of 1,746.70 kilometres, the Southern Zone's infrastructure is critical to the region's transportation network.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Trash trouble
Devasandra

Garbage is being dumped daily on a water pipe near the government school on Devasandra Road, between SBI Bank and Topmart.

Mosquito menace
New Tharagupet

Waste is regularly dumped on New Tharagupet 4th Main Road near South India Oil Mills, creating a breeding ground for mosquitoes.

Footpath obstruction
Sampige Road

A high mast lighting post has been lying unused on the footpath near Rajiv Gandhi Circle, beside Mantri Mall on Sampige Road for over a year.

Cops clamp down on reckless riders

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BANGALORE IMPACT MIRROR

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Speed devils are raising hell in peaceful neighbourhoods, say citizens

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The residents of Cooke and Richards Town are concerned about the daily nuisance of two-wheeler riders racing away in their neighbourhood, day and night. They alleged that around the men do not wear helmets and sometimes three-four of them are on one bike. As it is a residential area, many residents and children go for their daily walks or to play at Richards park, so the situation turns dangerous.

One of the residents, Sunita Varmak, said, "These boys in groups race the bikes up and down the narrow streets and around the park. The silencers are removed or, as in the case of a certain bike, emits a loud firecracker like sound. This is done for the pleasure of creating a disturbance. It is especially disturbing for elderly people, babies, the sick, and animals. If anyone tries to stop them, they shout and abuse us."

Recently the residents wrote to the Pulikeshi Nagar police station in Frazer Town, but said that even the police have not been helpful. In their letter they stated, "These used to be peaceful neighbourhoods where families and retired people live because they were safe communities. No longer. It's now a lawless place where these rowdies roam with no fear of being caught or punished. The police appear to be helpless to apprehend these criminal elements. We have filed numerous complaints. Called 112. But to no avail."

Residents pointed out that with the festivals coming, they are dreading the next few months as the nuisance increases during this time.

"Come the festive season, these boys will be bursting crackers near the park day and night. None of them live here. At night they come here to drink and party. They beat or throw stones at the street dogs who bark at them and have threatened us when we confront them. Although we have been assured that police teams would be assigned to Richards Town on a regular beat, we personally have seen no police, particularly around the park. We request them to be stationed there post 10 pm when the nuisance occurs," said a resident.

However, a police source said they go on rounds here daily. "We are carrying out daily beat rounds. We are looking into this matter and will take action against those creating nuisance," said an official.

Bikers said to be disturbing peace in Cooke Town and Richards Town

The sudden response from the police has brought relief to many residents of Cooke Town and Richards Town, who had been feeling increasingly unsafe in their own neighbourhood. Local authorities have assured residents that they will continue their enforcement efforts to ensure the safety and tranquillity of the area.

"It's been much quieter since the police got involved. The riders seem to have gotten the message, and the noise has reduced significantly," said a resident of Cooke Town. "We just want to live in peace. The streets here are meant for families and children, not for dangerous stunts and speeding bikes. I'm glad the police are finally taking this seriously," said another resident.

Previously, despite repeated complaints to the authorities, the residents felt that their concerns had largely gone unnoticed by the local police. "We have been calling the police for weeks, but nothing was done," said one long-time resident who wished to remain anonymous.

Police officers began cracking down on these reckless riders following a report by BM on Saturday that highlighted the issue. According to the residents, the media attention prompted the authorities to take swift action. In the days following the report, police, in coordination with the traffic police, have set up checkpoints at key locations and started enforcing speed limits, leading to the confiscation of several two-wheelers and issuing fines to violators. The officials pointed out that recently they booked a parent of a minor who was performing stunts.

A senior police officer mentioned, "We are committed to maintaining law and order in all parts of the city. We will continue to monitor the situation." This apart, residents are also working closely with police and sharing videos, pictures, and licence plate numbers of the ones violating the rules.

State examines mandating buyback of e-waste

Annually, 0.8 tonnes of e-waste are generated in state alone; officials are asked to submit proposal on pros & cons for buyback of old e-devices within 30 days

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With Bengaluru continuing to generate a huge amount of e-waste, Forest and Ecology Minister Eshwar Khandre asked his officials to come up with an action plan where they could buyback e-waste. In a letter, the minister said the government has taken note of the increasing amount of hazardous e-waste in households day by day and its unsafe disposal.

"In the interest of protecting public and community health, the scientific disposal of e-waste is essential today. It has been suggested that, in this regard, if a rule is implemented where sellers are required to mandatorily buyback old TVs, computers, mobile phones, chargers, etc., at a minimum price when a customer purchases a new TV, computer, mobile, etc, it could help control e-waste. In this context, it has been directed to submit a proposal within 30 days on the pros and cons of the buyback of old electronic devices, ensuring that the data from old computers and mobiles is not misused," Khandre said in a letter.

"Lack of streamlined process for scientific management of e-waste underscores need for robust action plan to address this issue. This action plan outlines strategic approach to effectively manage & dispose of e-waste

E-waste in India

Around 3.4 lakh tonnes of e-waste are generated in India in a year (2020-21), while Karnataka alone generates 0.8 tonnes of e-waste annually. According to an official, e-waste is one of the fastest-growing waste streams in today's world, and its improper disposal poses serious threats to the environment and human health.

"...The increasing presence of hazardous e-waste in households and the unscientific disposal practices by junk shops, as noted by the government, have raised significant concerns. The lack of a streamlined process for the scientific management of e-waste underscores the need for a robust action plan to address this issue. This action plan outlines a strategic approach to effectively manage and dispose of e-waste, ensuring public safety, environmental sustainability, and economic feasibility."

Officials said that to control the flow of e-waste, a mandatory buyback policy should be enforced, where retailers of electronic goods must offer consumers the opportunity to trade in old devices when purchasing new ones.

An official said, "Retailers participating in the buyback program should be required to collaborate with certified e-waste recycling centres. These centres must adhere to government-approved guidelines for e-waste disposal, ensuring that harmful substances like lead, mercury, and cadmium are not released into the environment. Electronic devices should be dismantled, and parts such as metal, plastic, and glass should be sorted for reuse or recycling. Toxic materials such as batteries and chemicals need to be isolated and safely disposed of following environmental regulations."

Additionally, for devices like computers and mobile phones, stringent measures should be enforced to securely wipe data before recycling, ensuring consumer privacy.

Awareness workshops

Activists said that government and environmental agencies should run campaigns through social media, television, and print media to raise awareness of the hazards posed by e-waste and encourage participation in safe disposal practices.

Schools, community centres, and workplaces should host workshops to educate citizens on how to responsibly handle e-waste and the steps involved in the buyback and recycling process.

"Manufacturers and retailers of electronic goods should be held accountable for the entire lifecycle of their products. Through Extended Producer Responsibility (EPR), companies will be mandated to take responsibility for the e-waste generated from their products, either through direct take-back programs or partnerships with recycling centres," added an official.

HC restricts media on Darshan case details

The Karnataka High Court issued an ex-parte interim order on Tuesday, prohibiting the media from disseminating any information from the chargesheet filed by the police against Kannada actor Darshan Thoogudeepa, who is accused in a fan murder case, until the next hearing date.

Justice Hemant Chandangoudar, presiding over a single judge bench, issued the order in response to a plea filed by Darshan. After hearing the arguments presented by the petitioner's counsel, the court stated, "Despite the ex-parte ad-interim injunction granted on August 27 (suit filed by wife of Darshan), the media channels continue to print, air, publish, and disseminate the confidential information contained in the chargesheet. The petitioner has made out a prima facie case to grant an interim order. Accordingly, respondents 3-40 are hereby restrained from publishing, broadcasting, printing, and disseminating confidential information contained in the chargesheet till the next date of hearing."

The HC also instructed the Union of India to communicate the order to the media houses.

Plan for fast track court

Meanwhile, Karnataka Home Minister G Parameshwara on Tuesday indicated that the government is mulling the possibility of setting up a fast track court to hear the Renukaswamy murder case, in which Kannada actor Darshan Thoogudeepa and 16 others are accused.

"It will be decided. There is a thinking in this regard, so that the hearing in the case can be completed soon by the court and give its verdict. Having effectively gathered the evidence, a chargesheet has been submitted; based on that it will be decided," Parameshwara told reporters in response to a question on setting up a fast track court. Bengaluru Police Commissioner B Dayananda said the police will discuss with legal experts and take a decision on the issue of constituting such a court. **Agencies**

Water balance figure: It's not adding up, says experts

Experts question Central Water Commission's groundwater allocation and recharge estimates for state; recommend adding recharge pits to improve levels

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Water balance report estimates Karnataka's 2025 groundwater allocation at 1.18 BCM, with current yearly recharge at 18.93 BCM, primarily from rainfall

The Central Water Commission (CWC) has developed a water balance account for Karnataka. According to the water balance report, the annual groundwater allocation for domestic use in Karnataka for 2025 is 1.18 billion cubic metres (BCM). CWC has also analysed that the current yearly groundwater recharge by the state is 18.93 BCM, with nearly 55% (10.34 BCM) of the recharge from rainfall during monsoon and pre-monsoon seasons. The rest of the 8.59 BCM is from other sources.

Moreover, while the annual extractable groundwater is 17.08 BCM, the current annual groundwater extraction in the state is to the tune of 11.32 BCM.

However, city-based ecologists and hydrologists have refuted the estimate. They opine that the amount of groundwater recharge through rainfall is correlated to land cover. Groundwater table recharge of over 50% through rainfall is possible only in the case of a porous landscape with non-degraded vegetation cover.

"Groundwater recharge through rainfall depends on land cover. If the given landscape is porous, recharge can be as high as 60%. However, we have witnessed large-scale degradation of forest areas over the last few years not just in Karnataka, but across the country. Karnataka has less than 18% of its area under forest cover. Our studies show that for a high recharge rate through rainfall, there should be a thick vegetation cover of native species. Monoculture vegetation also reduces infiltration rate," said Dr TV Ramachandra, Center for Ecological Sciences, Indian Institute of Science (IISc). Hydrologists also point to the hydrogeology of aquifers in the Deccan plateau. They underline that the state mostly has loam to clay soil with moderate to low permeability. A low infiltration rate clubbed with rocky aquifers to store groundwater implies that the recharge of the groundwater table from rainfall will not be significant unless the runoff is held back.

"Karnataka is part of the Deccan plateau and has hard rock aquifers.

> **"Apart from keeping our lakes healthy, recharge pits can be created under pedestrian paths to hold rainwater and improve the water table** – Dr TV Ramachandra, IISc

Clubbed with the nature of the soil in the region, the aquifer cannot hold as much water as the northern plains such as the Ganga basin. Water gets stored underground in big cracks in rocks and thus improvement in the groundwater table might not be significant even in case of above-average rainfall. The ideal way to improve the groundwater table in Karnataka is through interventions. We need to increase that number of recharge pits and lakes to hold back the runoff and let this water seep in slowly to bring up water to the groundwater level," said Shashank Palur, senior hydrologist, at WELL Labs.

"Apart from keeping our lakes healthy for infiltration of rainwater, recharge pits can be created under pedestrian paths to hold rainwater and improve the water table. In a city landscape such as Bengaluru, at least one recharge pit should be made compulsory for every building," added Dr Ramachandra

Lake clean-up reveals plastic problem

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In an effort to clean up the Chunchughatta Lake area, over 45 students from St Joseph's College teamed up with Bruhat Bengaluru Mahanagara Palike marshals, pourakarmikas, and volunteers for a successful plogging event. The activity was organised by the Ploggers Army and resulted in the collection of more than 200 kg of dry waste. Raj, a member of Ploggers Army, said "There were close to 60 of us, and we collected 200+ kg of dry waste. The students and volunteers worked together to clean the lake surroundings, but many felt a deeper issue needed to be addressed."

While the group was happy with their efforts, several participants, particularly the students, voiced concern about the ongoing littering problem in the area. "There is an urgent need for citizens to be more civic responsible and not dispose of waste near lake beds," one student said. This sentiment was shared by many, as they observed that much of the waste collected consisted of small items like multi-layered plastic (MLP) covers and gutka packets.

Plastic bottles were also found in significant quantities, adding to the concern. "It's fine to use the lake space for walks, but the onus is equally on them to keep the lake clean," Raj pointed out, stressing the need for regular visitors to contribute to maintaining cleanliness. Another issue is the lake's steadily decreasing water levels. "It's sad to observe that the water levels have come down. It is the responsibility of citizens to avoid adding more waste to the environment, which could worsen the condition of the water body," he said.

Unjust transfer? Change in key environmental post

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The unexpected and sudden transfer of Principal Secretary (Environment) BP Ravi has sparked debates and evoked strong reactions from wildlife conservationists and environmentalists who claim the Indian Forest Service officer has been treated unfairly. Activists argue that the transfer follows Ravi's firm stance against activities potentially harmful to forests and wildlife in the state.

Those unhappy with the transfer order, released by the state government on September 6, say the Principal Secretary (Environment) is a key post that can benefit from a law-abiding officer such as BP Ravi.

"It is unfortunate that an honest and upright officer has been removed from a key post. He was working towards bringing many positive transformations in the department, especially regarding environment clearance for various projects. He was taking tough decisions," said a city-based wildlife activist.

Ravi recently headed a special team constituted to recover the dues from plantation companies in the state that took over large swathes of forest land on lease during the pre-independent era. The companies have been growing plantation crops on these lands such as tea, coffee, pepper, and rubber. The team headed by Ravi declared that these companies owe about Rs 2,000 crore in lease rental and interest to the state government.

B P Ravi was appointed as the principal secretary of the environment department. Later, he was appointed as chairman of the Karnataka Environment Pollution Control Board. He was also appointed director general of the Environmental Management and Policy Research Institute (EMPRI) in Bangalore.

BP Ravi, IFS officer at a wildlife conservation

Many recollected BP Ravi's pushback to a road project proposed through the heart of Cauvery Wildlife Sanctuary. "He comes across as an ethical IFS officer who won't yield to any pressure. Back in 2016, when the Karnataka Government wanted to tweak ecotourism guidelines to promote it, Ravi had cited various statutory provisions and Supreme Court orders stating that increasing tourism in elephant habitats is not advisable. He is well aware of laws and provisions regarding forest and wildlife conservation. When forests and wildlife in Karnataka are witnessing many challenges, such officers should be retained," said Giridhar Kulkarni, a wildlife conservationist. BP Ravi is a 1992-batch IFS officer and hails from Chitradurga district. He has also served in Bidar, Sagar, and Mysore and also served as the member secretary of the Zoo Authority of Karnataka. "Such orders will demoralise other officers. The state government should work towards retaining such officers, especially in key posts. The government should relook into this decision," added Kulkarni.

Ravi is currently posted as Principal Chief Conservator of Forest (EWPRT&CC), Bengaluru until further order. When BM contacted Ravi, he refused to comment on the matter.

Curious case of dubious residents' welfare groups

RTI application reveals High Court order has made it clear that court officers must check validity of petitioners in property-related matters

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Srinidhi Muralidhar has been waiting for six years to get possession of a villa he had invested in. According to him, unauthorised resident welfare associations cause problems for home buyers. "I am against builders selecting their supporters to form a residents' welfare association," Muralidhar told BM.

This is not a sole case. Often in the city it is observed that builders select flat owners, preferably their supporters, to form residents' welfare associations of the respective residential apartment complexes. This has become rampant because many people are not aware of a 2022 High Court order that ensures that those who represent these builders are validated.

Dhananjaya Padmanabhachar, a home buyer, availed of the High Court order by filing an RTI application. The High Court order passed on May 26, 2022, has directed all officers and officials working in the High Court and all courts in the state that whenever an establishment is either shown as petitioner or respondent in the writ petition it is required to verify whether it is proprietary concern or partnership or company or association or society etc.

The order becomes crucial as many builders encourage their favoured residents' welfare associations to file cases and petitions against flat owners who question the builders for not providing promised or assured amenities. Most of such associations are not registered with competent authority and are not eligible to lodge a complaint or file petitions or even represent the flat owners.

Often builders select flat owners, their supporters, to form RWAs

There are some instances of unauthorised residents' welfare associations filing petitions against homebuyers who demand that the builders provide amenities or transfer the common area at the respective residential apartment complexes to the home buyers

The High Court order is clear that such ambiguities are removed.

> **This helps courts save time if the cases are being registered by associations not authorised by competent authorities**
> –Dhananjaya, home buyer

"If it (petitioner) is a company, it must be mentioned as to whether it is a registered company and it is represented by whom and what is the official designation of its representative. Any lapse on this regard will be viewed seriously," the High Court order read.

Padmanabhachar said that it was the responsibility of the court officers to verify the establishment before registration of a case in the court of law. "This helps the courts save time if the cases are being registered by associations who lack the proof of existence from the competent authorities. Recently, in High Court case between Sobha Arena Apartment Owners Association versus BESCOM, the High Court ordered on June 14 that office objections must be complied with and one of the office objections was to furnish the Certificate of Registration of the petitioner," said Padmanabhachar.

He said if the court officers follow these guidelines before registering the case, a lot of time can be saved. "It is very important to validate the existence and authorised persons representing the establishments of the establishments through a competent authority," he said.

For offences punishable with 3-year sentence, cases should be filed within 1 year, rules HC

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The Karnataka High Court has ruled that for offences punishable with a maximum sentence of three years, the limitation period for filing a complaint under Section 468 of the Criminal Procedure Code is one year from the date of the cause of action. Any complaint filed beyond this period is not maintainable.

In a case involving MLA BS Suresh and another, Justice M Nagaprasanna quashed the offences registered against them in 2019 under Section 285 of the IPC and Section 25 of the Karnataka Fire Force Act. The petitioners had purchased a commercial complex in 2014, which was constructed in 2005. The Fire Department inspected the premises on three occasions between 2017 and 2018, and later registered a complaint on April 02, 2019.

The petitioners argued that the complaint was filed beyond the one-year limitation period prescribed under Section 468 of the CrPC for offences punishable with a maximum imprisonment of six months or fine or both. The prosecution opposed the plea, stating that the petitioner had not installed any safety equipment in the building, leading to the registration of the complaint.

The court noted that there was no record of inspections beyond January 31, 2018, and therefore, the cause of action arose on that date. Relying on the Supreme Court judgment in Sarah Mathew vs. Institute of Cardio Vascular Diseases, 2013, the court held that the limitation period begins from the date on which the complaint is preferred by the aggrieved person, not the date on which the court takes cognizance of the offence.

> **Limitation period for filing a complaint under Section 468 of the CrPC is one year from date of action**

The court provided an example, stating that "If an incident has taken place on 01.01.2020 and if the alleged incident meets the ingredients of any offence punishable with maximum imprisonment of three years, the limitation under Section 468 of Cr.P.C., would come to an end on 31.12.2023, a complaint should be preferred on or before 31.12.2023."

Furthermore, the court found that the alleged act did not meet the ingredients of Section 285 of the IPC. Consequently, the petition was allowed, and the court stated that permitting further proceedings would be contrary to the law and result in a miscarriage of justice.

IN BRIEF

BESCOM first to equip EV charging via Whatsapp

The Bangalore Electricity Supply Company Limited (BESCOM) has introduced the ability to start and pay for electric vehicle (EV) charging sessions via Whatsapp. BESCOM has also launched an innovative AI-based customer support bot called https://ev.bot powered by Pulse Energy.

The new interface to EV Mithra app will provide a seamless charging experience for EV users, said Mahantesh Bilagi, Managing Director, BESCOM.

"BESCOM is committed to expanding our network and improving the management of charging stations. The new interface of the 'EV Mithra' app is a step in that direction, and it's encouraging to see more than 15,000 downloads already," said Bilagi.

The app is compatible with both Android and iOS devices and is available in nine languages, including Kannada. **PTI**

Vehicles with GNSS can go toll-free for up to 20 km

Motorists using private vehicles with a functional global navigation satellite system (GNSS) will be allowed to travel toll-free on highways and expressways up to 20 kilometres daily with effect from Tuesday, according to a government notification. The Ministry of Road Transport and Highways amended the National Highways Fee (Determination of Rates and Collection) Rules, 2008.

The highway ministry in July had said it decided to initially implement a GNSS-based toll system at select national highways on a pilot basis.

Union Road Transport and Highways Minister Nitin Gadkari said that a pilot study with regard to a GNSS-based user fee collection system has been done on the Bengaluru-Mysore section of NH-275 in Karnataka and Panipat-Hisar section of NH-709 in Haryana. **PTI**

Start the conversation

On the occasion of World Suicide Prevention Day, a street play, in view of the theme "Change the narrative of Suicide " and "Start the Conversation," was enacted by the Department of Psychiatry, ESIC Medical College and ESIC Nursing College Rajajinagar.

The street play was attended by general public and suicide Prevention awareness was created.

Time to free city's trees

CONTINUED FROM PAGE 1

said Prahalad. Notably, in February last year, BBMP declared that avenue trees would be preserved by removing concrete and installing grates at their bases. After the pilot in Malleshwaram, avenue trees on Jayamahal Road were next in line to receive this treatment.

BBMP officials say grates will not only preserve trees but will also prevent fetal tree fall accidents in the future. City-based botanists have welcomed the move.

Choked up

"It is a good initiative and should be executed immediately. A majority of the avenue trees are choking as they are either concretised or tiled up to the trunk. Open space around trees helps in the absorption of nutrients and water. Roots start to decay in the absence of open space around the trunk, leading to trees becoming weak and branches falling causing danger to life and property. Sufficient space should be left around the tree for rainwater infiltration, aeration, and soil health as well," said a botanist.

Tree activists call for changes in BBMP's contracts for road projects. They say the civic agency must have a system in place to ensure that avenue trees are treated with caution by the contractors hired for road repair or white topping work.

"BBMP contractors have been making the same mistake for years. The Palike should ensure that there are strict terms and conditions around the handling of avenue trees in the contracts awarded.

Contractors failing to stick to these terms should be penalised," said Dattatraya Devare, trustee of Bangalore Environment Trust.

Even govt vehicles yet to fully adopt HSRP

CONTINUED FROM PAGE 1

This means that approximately 57.7% of government vehicles are yet to get the crucial security feature.

An official said, "The introduction of HSRP is crucial for ensuring better security and traceability of vehicles, and the slow pace of implementation raises concerns. The lag in affixing HSRP to all government vehicles could potentially compromise vehicle security and hinder efforts to streamline vehicle identification processes.

Efforts need to be intensified to ensure that the remaining 18,947 vehicles are equipped with HSRP as soon as possible to meet the state's regulatory requirements and enhance overall vehicular security."

Transport Minister Ramalinga Reddy said, the state government has implemented a plan to affix HSRP number plates on vehicles registered before April 1, 2019, as per the central government's guidelines.

"Currently, there are 32,848 government vehicles registered in the state, out of which 13,901 vehicles have been affixed with HSRP number plates. The district-wise details of the vehicles that have been registered and affixed with HSRP number plates are provided in the annexure. Yes, this also applies to government vehicles."

According to Reddy, a proposal to extend the deadline to December 2024 is currently under consideration. "The transport department has not fixed a rate for the HSRP number plates, and the agencies responsible for distributing the number plates have been instructed to distribute them quickly," he said.

No vacancy, but much demand for CM's seat

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After the Congress secured a strong majority in 2023, a fierce competition arose between Siddaramaiah and DK Shivakumar for the Chief Minister's position. Though Siddaramaiah ultimately assumed the role, rumours have circulated that Shivakumar might take over later, though neither has confirmed nor denied these claims.

Now, however, the number of contenders for the CM post has grown, particularly after senior Congress leader RV Deshpande openly declared his ambition to become Chief Minister.

Many Cabinet ministers have begun openly expressing their ambitions to become the Chief Minister, despite claiming there are no vacancies.

Amid an ongoing legal battle involving CM Siddaramaiah, secret meetings are reportedly taking place under the guise of representation. Should the Governor approve prosecution in the MUDA case, Siddaramaiah's petition is already being reviewed by the court. Nevertheless, ministers within Siddaramaiah's cabinet have publicly declared, "CM Siddaramaiah will not resign under any circumstances before the court delivers its verdict," while opposition parties continue to mount pressure for his resignation. Behind the scenes, however, efforts to secure the CM position are quietly

underway.

The Congress high command, while standing by Siddaramaiah, seems to have overlooked caste, community, and regional factors, leading to ministers openly staking their claims to be the "next CM", often at the expense of one another.

At the same time, supporters of PWD Minister Satish Jarkiholi have launched a campaign advocating for him to succeed Siddaramaiah. Excise Minister Shivananada Patil remarked, "As long as Siddaramaiah holds office, he will remain CM.

What's wrong if MB Patil meets with Dr. G Parameshwara? Our party has many senior leaders like MB Patil. After them, it will be the juniors' turn. We are united within Congress, and I have no issue with MB Patil becoming Chief Minister. Whether I came from BJP or not is irrelevant—MB Patil knows who brought me into Congress."

Similarly, Large and Medium Infrastructure Minister MB Patil commented, "After Siddaramaiah's term, I hope to one day become CM.

While I aspire to the position, I have no intention of seizing someone else's role. When the time comes, the party and legislators will decide the next CM. Comparing me with Siddaramaiah, a unique figure, is a mistake."

Responding to this, Byrathi Suresh, a close aide to the CM, added, "There will always be contenders close to the CM, and Jarkiholi is entitled to his opinion."

BJP MP Ramesh Jigajinagi observed, "Many in Congress are eagerly awaiting Siddaramaiah's resignation, revealing intense competition for the CM's post within the party. This struggle for a single position reflects a lack of unity within Congress.

Why focus solely on MB Patil? There's an entire team backing Kharge, Parameshwara, and others. Despite D.K. Shivakumar's name being mentioned, nobody is openly discussing him, as Satish has significant support."

Union Minister Pralhad Joshi weighed in, saying, "If an investigation is allowed against Siddaramaiah in the MUDA case, several leaders are eyeing the CM's position. Even some of Siddaramaiah's current supporters are strategizing behind the scenes."

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I, BHAVESH BINODKUMAR GOYAL, S/o Binod Goyal, R/o #7081, Sobha Royal Pavilion, Sarjapur – Marathahalli Road, Hadosiddapura, Bengaluru - 560035, have changed my name as BHAVESH GOYAL, vide affidavit dated 10.09.2024 sworn before notary S. Subashini, Bengaluru.

I, Muniswamy K R/o No.158, 8th main, Srinidhi Lyt, Sanmarg Central School Road, Bengaluru 560062 have changed my name to Muniswamy Muniramaiah Affidavit Dt.10/09/2024 notary Harisha G, B'luru

I Gadigevva R Sannamani W/O Ramesh Basavaraj R/o 96, Nellorepuram New Thippasandra Post B'lore -75 have changed my name to Kavya Ramesh vide affidavit dated 12-07-2024 on sworn before the Notary of C.V.EARAPPA , Bangalore

I Vishwanatha. V S/o Venkateshappa R/o No 324/2, Gangondanahalli, Dasanapura Hobli, Bengaluru Rural 562123 have changed my name to Vishwanath.V for all purposes

I Kuleenan Shankaran S/O, Odayanmadath Shankaran R/o No 6c, Garden Homes, 27 Aga Abbas Ali Road, Ulsoor, Sivan Chetty Gardens Bengaluru – 560042 have changed my name to Kuleenan Shankaran Nambiar.

I Supriya Kulkarni W/O, Aditya Kulkarni R/o No 42 2nd Cross Muneshwara Layout Near Acharya College Tammenahalli Bangalore 560090 have changed my name to Supriya N.

I, Rashida w/o Kaid Johar (Late) R/o Pyramid Arcade 22nd Main 5th Phase JP Nagar B'luru-560078 have changed my name to Rashida Kaid Johar for all purposes.

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I, Suresh S/o Jagannath Gola R/o No 626 Rajeshwari House 4th Cross Subbanapalya, Bengaluru, 560033, have changed my name to Suresh Gola for all purposes.

I, Mudigouda Iranagouda Patil R/o House No-82 3rd Main Road Vinayaka Layout Near Ayyappa School Medarahalli Abbigere Bengaluru - 560090 have changed my minor daughter's name from Shravani to Shravani Patil.

I, RASHMI PRADEEP KULKARNI, Residing at No. 352, 'Samrddhi' 8th Cross, Pavamananagar, Kembathhalli Main Road, Gottigere, Bangalore-560083, Have changed my name to RASHMI PRADDIEP KULKARNI vide affidavit dated 10/09/2024 sworn before Notary Jayalingayya Mudenoormath Bangalore

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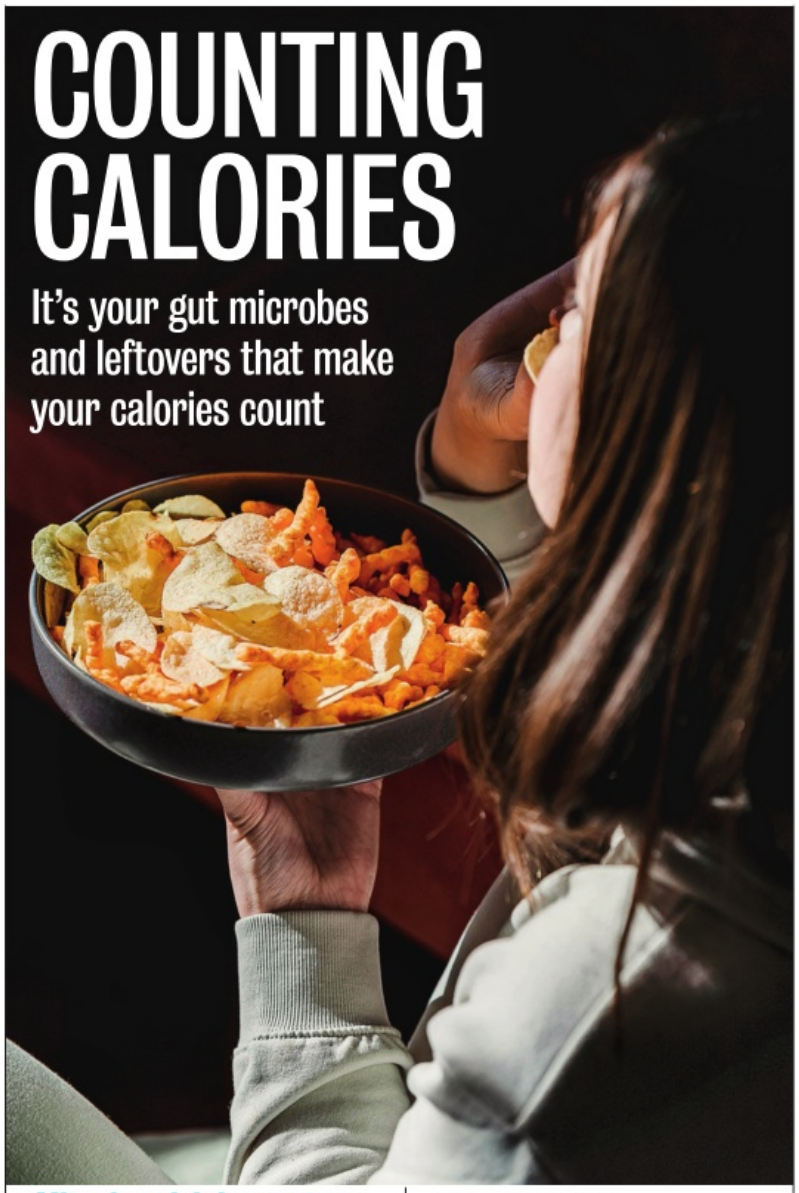
COUNTING CALORIES

It's your gut microbes and leftovers that make your calories count



Is the adage "calories in, calories out" true? The short answer is yes, but the full story is more nuanced.

From the moment food touches your tongue to the time it leaves your body, your digestive system and gut microbiome work to extract its nutrients. Enzymes in your mouth, stomach and small intestine break down food for absorption, while microbes in your large intestine digest the leftovers.

"Calories in, calories out" refers to the concept that weight change is determined by the balance between the calories you consume and calories you expend. This includes not only the number of calories you eat due to appetite and absorb via digestion, but also how well those absorbed calories are burned through metabolism.

Recent research indicates that a significant factor influencing people's variable appetites, digestion and metabolism are biologically active leftover components of food, known as bioactives. These bioactives play a key role in regulating the body's metabolic control centers: your brain's appetite center, the hypothalamus; your gut's digestive bioreactor, the microbiome; and your cells' metabolic powerhouses, the mitochondria.

I'm a gastroenterologist who has spent the past 20 years studying the gut microbiome's role in metabolic disease. I'll share how dietary bioactives help to explain why some people can eat more but gain less, and I'll offer some dietary tools to improve metabolism.

Ruminating on appetite and digestion

Research has shown that consuming whole foods still "packaged" in their original fibers and polyphenols – the cellular wrappers and colorful compounds in plants that confer many of their health benefits – leads to more calories lost through stool, when compared with processed foods that have been "predigested" by factories into simple carbs, refined fats and additives.

This is one way calorie-free factors influence the "calories in, calories out" equation, which can be beneficial in a society where calorie intake often exceeds needs. Eating more whole foods and less processed foods simply lets you eat more because more of those unprocessed calories go out the other end unused.

Fiber and polyphenols also help regulate your appetite and calorie intake through the brain. Your microbiome transforms these leftover bioactives into metabolites – molecular byproducts of digestion – that naturally decrease your appetite. These metabolites regulate the same gut hormones that first inspired the popular weight loss drugs Wegovy, Ozempic and Mounjaro, controlling appetite through your brain's satiety center, the hypothalamus.

Processed foods lack these bioactives and are further formulated with salt, sugar, fat and additives to be hyperpalatable, causing you to crave them and eat more.

Mitochondrial maestros in the middle

A full accounting of calories also depends on how effectively your body burns them to power your movement, thoughts, immunity and other functions – a process largely orchestrated by your mitochondria.

Healthy people typically have high-capacity mitochondria that easily process calories to fuel cellular functions. People with metabolic diseases have mitochondria that don't work as well, contributing to bigger appetites, less muscle and increased fat storage.

They also have less of a mitochondria-rich type of fat called brown fat. Rather than storing calories, this fat burns them to produce heat. Less brown fat may help explain why some people with obesity can have lower body temperatures than those who aren't obese, and why there has been a decline in average body temperature in the U.S. since the industrial revolution.

Healthy mitochondria that burn more calories might also help explain why some people can eat more without gaining weight. But this raises the question: Why do some people have healthier mitochondria than others?

Your mitochondrial health is ultimately influenced by many factors, including those usually associated with overall well-being: regular exercise, adequate sleep, stress management and healthy eating.

Who turned off the metabo-lights

The latest nutrition research is revealing the roles that previously underappreciated dietary factors play in mitochondrial health. Beyond the essential macronutrients – fat, protein and carbohydrates – and micronutrients such as vitamins and minerals, other leftover factors in food, including fibers, polyphenols, bioactive fats and fermentation products, are also key for metabolism.

Unlike a Western diet, which often lacks these bioactives, traditional diets such as the Mediterranean and Okinawan diets are rich in foods – nuts, seeds, fruits, vegetables, whole grains and fermented foods – replete with these factors. Many bioactives pass undigested through the small intestine to the large intestine, where the microbiome converts them into activated metabolites. These metabolites are then absorbed, influencing the number of mitochondria in cells and how they function.

At the most fundamental level of cell biology, metabolites turn on and off molecular switches in your genes through a process called epigenetics that can affect both you and your offspring. When the metabolic "lights" are turned on, they enliven the mitochondria responsible for a faster metabolism, effectively increasing the calories you use.

Please mind the microbiome gap

A healthy microbiome produces a full range of beneficial metabolites that support calorie-burning brown fat, muscle endurance and metabolic health. But not everyone has a microbiome capable of converting bioactives into their active metabolites. Long-term consumption of processed foods, low in bioactives and high in salt and additives, can impair the microbiome's ability to produce the metabolites needed for optimal mitochondrial health. Overuse of antibiotics, high stress and lack of exercise can also adversely affect microbiome and mitochondrial health.

This creates a double nutrition gap: a lack of healthy diet and a deficiency in the microbes to convert its bioactives. As a result, well-studied nutritional approaches such as the Mediterranean diet might be less effective in some people with an impaired microbiome, potentially leading to gastrointestinal symptoms such as diarrhea and negatively affecting metabolic health.

In these cases, nutrition research is exploring the potential health benefits of various low-carb diets that may bypass the need for a healthy microbiome. While the higher protein in these diets can reduce the microbiome's production of beneficial metabolites, the lower carbs stimulate the body's production of ketones. One ketone, beta-hydroxybutyrate, may function similarly to the microbiome metabolite butyrate in regulating mitochondria.

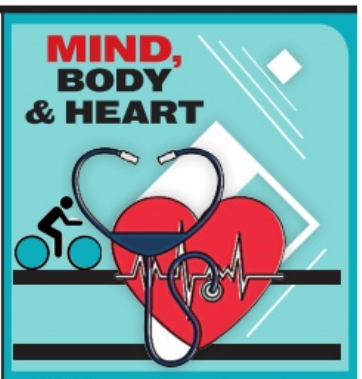
Emerging microbiome-targeting approaches might also prove helpful for improving your metabolic health: butyrate and other postbiotics to provide preformed microbiome metabolites, personalized nutrition to tailor your diet to your microbiome, intermittent fasting to help repair your microbiome, and the future possibility of live bacterial therapies to restore microbiome health.

Tools to transform fat into fuel

For most people, restoring the microbiome through traditional diets such as the Mediterranean diet remains biologically achievable, but it is not always practical due to challenges such as time, cost and taste preferences. In the end, maintaining metabolic health comes back to the deceptively simple healthy lifestyle pillars of exercise, sleep, stress management and nutritious diet.

Some simple tips and tools can nonetheless help make nutritious diet choices easier. Mnemonics such as the 4 F's of food – fibers, polyphenols, unsaturated fats and ferments – can help you focus on foods that best support your microbiome and mitochondria with "leftovers." Bioactive-powered calculators and apps can also aid in selecting foods to control your appetite, digestion and metabolism to rebalance your calorie "ins and outs."

— Christopher Damman, University of Washington, The Conversation



All you need to know about...

Benefits Of Cold Showers

1. Boosts mood
Cold water helps to increase alertness and improve your mood. Studies have shown that cold water can help to reduce symptoms of depression and improve overall well-being.

2. Improves circulation
Cold showers increase blood circulation and help to flush out toxins from your body, which can help improve your overall health. Cold showers can also help improve circulation by constricting the blood vessels and encouraging blood flow.

3. Strengthens immune system
Cold showers can help to stimulate your immune system.

4. Increases metabolism
Cold showers can help to boost your metabolic rate, making it easier to burn fat and lose weight.

5. Reduces stress
Cold showers can be very calming and can help reduce stress levels. Stress can have a major effect on our physical and mental health, so it's important to find ways to manage it effectively. Cold showers can help to reduce stress levels by relaxing you and calming you down.

6. Relieves muscle pain
It can help to reduce inflammation and muscle pain. Inflammation is the body's natural response to injury or illness, and it can lead to swelling, pain, and other uncomfortable symptoms. Taking a cold shower can help reduce inflammation by constricting the blood vessels and reducing swelling. This can be particularly helpful for those with chronic pain, arthritis, or other inflammatory conditions.

7. Improves sleep
It can help to relax your body and mind and can help to improve your sleep quality.

8. Clears Your Skin
Cold showers can help to clear your skin and reduce acne.

—Femina

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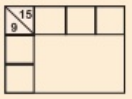
@BangaloreMirror

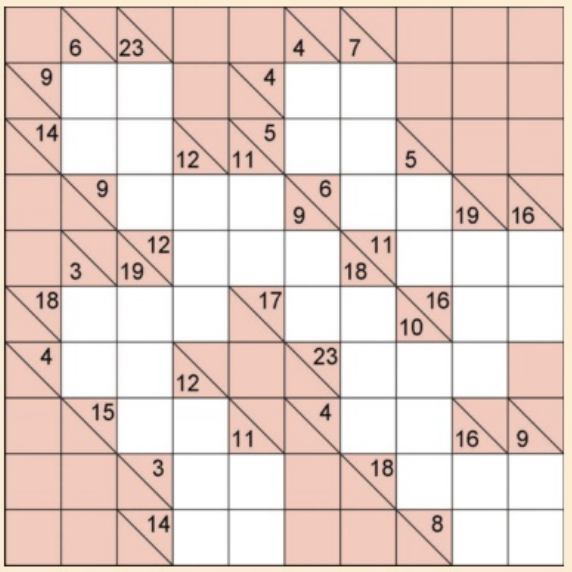
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

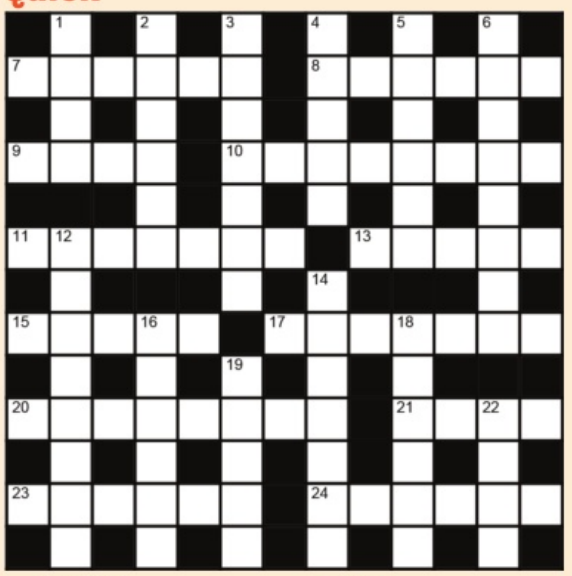


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 A French cake (6)
8 Tourist destination where R K Narayanan's Malgudi Days was filmed (6)
9 42 in Rome (4)
10 Form the basis of? (8)
11 Daily, in Latin (3,4)
13 Composition (5)
15 Moving pivot (5)
17 Betting adviser (7)
20 Light motorboat (8)
21 Belgium buck (4)
23 Wise counsellor (6)
24 Piece of gold (6)

DOWN

1 Heavy hammer (4)
2 Challenged or braved (6)
3 Foretold; was a sign of (7)
4 Father (5)
5 Watchmen (6)
6 Renounce throne (8)
12 Gourmets or gastronomes (8)
14 Passing through a sieve (7)
16 Behemoths (6)
18 Sleigh (6)
19 Regretful (5)
22 Regretted (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS S

DCM ISWJ DS UVRRMUU XU WHKWZU VFJMI RSFUDI-VRDXSF.

Linemaro

You are my favourite weakness

Mindchow

Eventually, things fall into place. Till then, laugh at the confusion, live for the moment, and know that everything happens for a reason

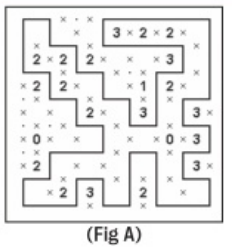
Joke of the day

Boy: Your teeth are like stars. Girl: Aww... thanks. Are they that much pretty? Boy: No, far away from each other.

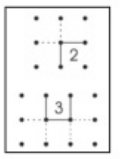
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



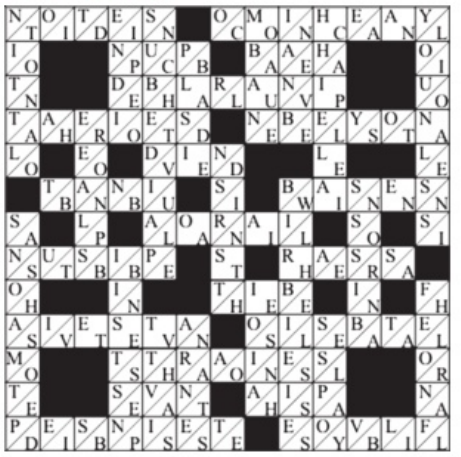
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

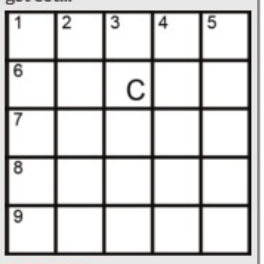
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Loops; 6 CW Kay;
7 Aside; 8 As FRP;
9 A tine

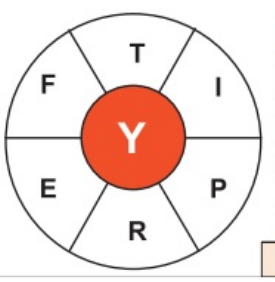
DOWN

1 F wits; 2 Pared;
3 Canoe; 4 Pia OK;
5 Sly as

Mensapuzzle

Which number is needed to finish this puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

SudokuChallenge

	5			1			2	
3		9				6		8
	1	7				3	4	
		5	7		9	8		
			1		8			
		4	2		5	1		
	9	1				5	3	
4		2				7		6
	3			2			8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

3 5 9 9

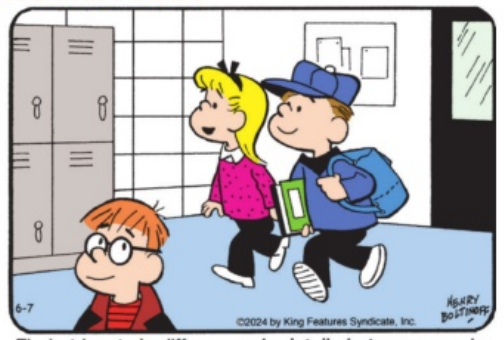
Medium = 6

4 6 6 9

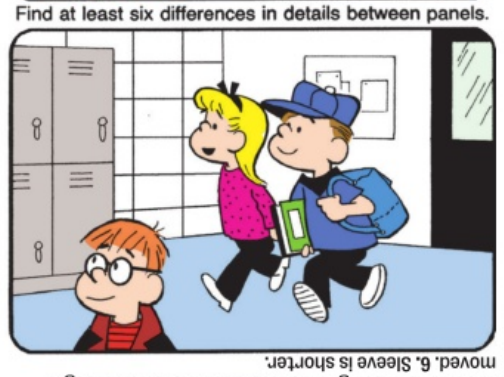
Hard = 27

1 4 6 2

Hocusfocus



Find at least six differences in details between panels.



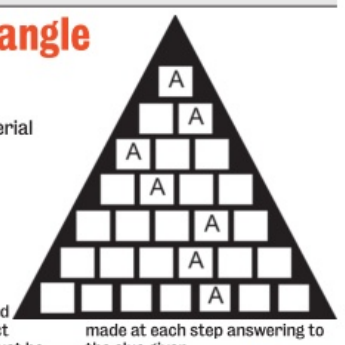
Differences: 1. Eyes are moved. 2. Arm is not showing. 3. Collar is missing. 4. Bulletin board is lower. 5. Leg is moved. 6. Sleeve is shorter.

Riddler

What connects these four things: Bassinet, Cellophane, Harpoon & Hornbill

Alpha triangle

1 First letter
2 Calcium symbol
3 King topper
4 Ornamental material
5 Not cloudy
6 Remember
7 Basements

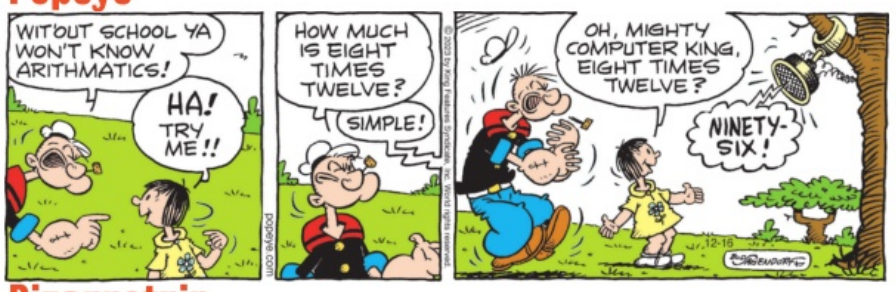


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye


WITOUT SCHOOL YA WON'T KNOW ARITHMATICS!
HA! TRY ME!!
HOW MUCH IS EIGHT TIMES TWELVE?
SIMPLE!
OH, MIGHTY COMPUTER KING, EIGHT TIMES TWELVE?
NINETY-SIX!

Bizarrotrip

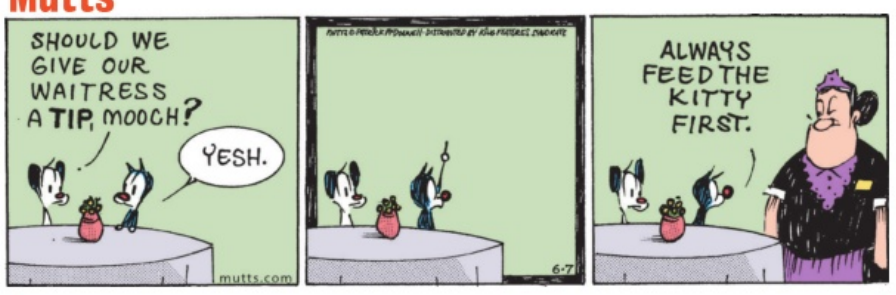
Diamond Lil

Hart of the city

Crankshaft

SO, MATTY... YOU WERE SAYING YOU'D LIKE TO SEE SOME CHANGES IN THE SENIOR SOFTBALL LEAGUE?
YEAH, FOR STARTERS, I'D LIKE TO CHANGE THE NAME OF THE SEVENTY AND OVER DIVISION... TO THE SEVENTY AND OLDER...
BECAUSE I DON'T THINK IT'S OVER!

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a positive day for you, you may get success from your hard work on the professional and domestic front. You may have good focus and you may complete your work on time, which can improve your self confidence. You may also expect some work related short trips, which may be beneficial in the near future in terms of your network.

Taurus Apr 21 – May 20
Today you may be busy with domestic issues.
You may spend money buying some artefacts or household stuff. You are advised to control spending on worthless stuff, otherwise it may attract negative energy in the house. You are also advised to control your harsh speaking with the people around you.

Gemini May 21 – Jun 21
Today you may feel comfortable after a messy situation. Your vitality may help you to implement some difficult decisions in parental business, which may grow your parental business. You may help needy people around you, which may increase your social respect. Students might be clear in choosing their career options.

Cancer Jun 22 – July 23
Today you may feel dull, your health may not be good. You may also have anxiety and restlessness. You are advised to postpone your important investments in the business or real estate. You are advised to avoid rash driving. You should avoid long distance travelling also. You may do some meditation, it will be helpful in giving you sound sleep.

Leo Jul 24 – Aug 23
Today blessings from elders may make you happy, your investments may give you profits. Losses are converted into profits now. Your savings may boost your bank balance. You may plan to invest for the kid's future also. You may also enjoy some delicious food at home. Your problems related to throat, teeth, ear or nose may be resolved now.

Virgo Aug 24 – Sep 23
Today you are blessed by your elders. Your patience becomes very good, your focus towards your work may be very good. Parent's health is now good. You are likely to spend your time with elders. You may also meet some influential person, who may help you on the professional front. You may also enjoy your romantic moments which may increase harmony in domestic life.

Libra Sep 24 – Oct 22
Today you may be spiritual, you may help needy people around you.
You may also plan to donate some amount to charity or religious places. Your good karma may help you get success in your difficult projects. You may feel some divine power around you, which may help you in unpredictable situations. You may be attracted by occult. Students are likely to enjoy studying in depth.

Scorpio Oct 23 – Nov 22
Today you may feel dull, you may be victim of hidden fear, which may make you scared. You are not in a situation to trust anyone. It is advised to do meditation, chant some prayers, which may help you to come out from this hypothetical situation. With the help of an elder's blessings around late evening, you may come out of this messy situation.

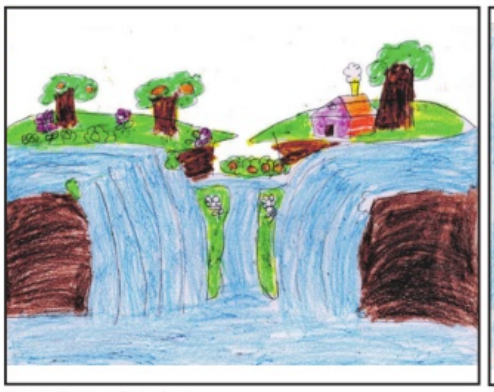
Sagittarius Nov 23 – Dec 22
Today you may be busy at work, your network may be increased and you are likely to get a big order in terms of business and work. You are likely to start innovation in partnership. You may get some investments in your business. Natives related to films, glamour, household stuff, interior will do better.

Capricorn Dec 23 – Jan 20
Today you may find yourself in a self analysis state, which will bring some confidence in you.
Your focus towards your goals is now clear, you may get success from achieving your goal. Your creativity might improve and you will take interest into artefacts, movies, glamour and real life objects. At the end of the day, you may be satisfied with your life. Your opponents may be under control now.

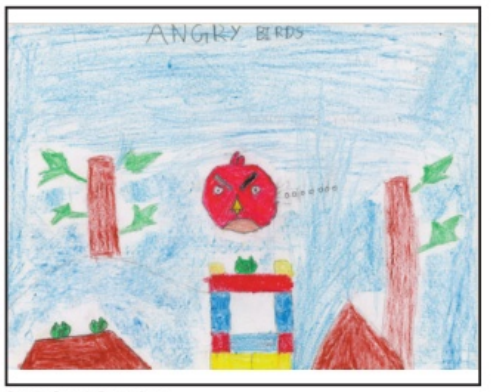
Aquarius Jan 21 – Feb 19
Today you may help needy people around you. It will increase your reputation in your surroundings. New ideas may come to mind, you are likely to help other people around you. You might implement innovation at work, which may increase your business. Love birds may plan for outings or some adventure tours.

Pisces Feb 20 – Mar 20
Today you may be dissatisfied, you have some sort of detachment towards your responsibilities, which may confuse you. You may plan hypothetically for your projects. You are advised to be practical in your work to complete it on time. You may also take care of your parents. If you're planning to migrate somewhere, it is advised to postpone it for some days.

KIDZONE



Ananya Vastare, Bengaluru



Jesvin Suraj, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= ∛((27/64) + (9/16)-1)
= ∛((27/64) + (9/16)-1)
= ∛(((27 x 1) / (64 x 1)) + ((9 x 4) / (16 x 4))
= ∛((-1 x 64) / (1 x 64))
= ∛((27 + 26 + (-64) / 64))
= ∛((63-64)/64)
= ∛(-1/64) = -1/4

BULL'S EYE
fiery, PETRIFY, piety, pity, prey, pyre, pyrite, type, tyre, yeti

FAST FIVE

S	P	O	O	L
W	A	C	K	Y
I	D	E	A	S
F	R	A	P	S
T	E	N	I	A

STRIKE OUT

D	E	S	P	I	S	E	S	Y	B	I	L			
E			E	A	T		A	S	P		A			
M			T	H	A	R	O	N	E	S	S			
A	V	E	S	T	A		O	L	E	A	T	E		
H			N		H	I	E		I		F			
S	U	S	I	E		T		R	A	R	A			
A			P		L	A	N	A	I		O	S		
T	A	B	U		I		W	I	N	E	S			
O		E		D	E	N			L		E			
T	H	I	R	O	E	S		N	E	L	S	O	N	
O		N	C		B	A	H				I			
N	O	T	E	S		C	O	N	C	E	A	L		

QUICK

MENSA PUZZLE
12. Starting from the top, subtract 2 then add 7 and continue this sequence.

RIDDLER
They are all words that begin with names of instruments.

QUOTE UNCODE
The road to success is always under construction.

SUDOKU

5	3	6	9	2	7	4	8	1
4	8	2	3	5	1	7	9	6
7	9	1	6	8	4	5	3	2
8	6	4	2	3	5	1	7	9
9	7	3	1	6	8	2	5	4
1	2	5	7	4	9	8	6	3
2	1	7	8	9	6	3	4	5
3	4	9	5	7	2	6	1	8
6	5	8	4	1	3	9	2	7

ALPHA TRIANGLE
A, Ca, Ace, Lace, Clear, Recall, Cellars.

LOOP
Easy
9 - 9 + 5 - 3 = 2
Medium
6 / 6 + 9 - 4 = 6
Hard
4 x 6 + 1 + 2 = 27

GO FIGURE

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Quirky teaser

The teaser of Firefly was released recently. The teaser, introducing Vicky, is all kinds of quirky. It takes the audience through the life of Vicky, an unwanted guest, an award winning mathematics teacher, a guy who has schedules at 7 am, 1 pm, and 8 pm. The teaser traces Vicky's journey and quest to overcome his loneliness.

Vamshi Krishna makes his debut as the lead and director of the film.

The teaser boasts strong production values.

Charan Raj, the musician of this year weaves his magic in the teaser and you can see him beautifully set the tone for what's unfolding on the screen.

Shooting for Firefly, bankrolled by Niveditha, daughter of Dr ShivaRajkumar, is over and the team is gearing up for a year-end release. It is Nivedita's first film as a producer.

The film has cinematography by Abhilash Kalathi, art by Varadaraj Kamath, music and background score by Charan Raj, dialogues by Raghu Niduvalli, and the movie is edited by Suresh Arumugam.

Firefly stars Rachana Inder, Achyut Kumar, Sudharani, Sheetal Shetty, Moogu Suresh, Chitkala Biradar, Sihi Kahi Chandru, and others.

The teaser hints at the film's quirky, fun, entertaining, emotional, and journey into a melancholic world.

Third-time lucky

The first look of Daiji was released on the occasion of Dr Ramesh Aravind's birthday. The film marks as Aravind's 106th film and also marks his third time collaborating with director Akash Srivatsa, with whom he had collaborated for Shivaji Surathkal 1 & 2.

Daiji is set to be a horror and psychological thriller and Aravind will be seen in a new avatar. The movie is expected to go on floors shortly in a foreign country. "The script was written by Ravi Kashyap 13 years ago. I narrated the script to Ramesh Aravind sir before the shooting of Shivaji Surathkal. We have been improving the script all these years. Now, the time has come for us to start shooting for it. We have applied for Visa to go abroad. The movie will go on floors as soon as we get it," said Srivatsa.

Srivatsa has worked as associate director for Accident which was directed by Ramesh Aravind. "I am familiar with Ramesh Aravind sir for many years. I am lucky to get a script that makes us work together. I am confident that Daiji will become a success. It is about a couple living in a foreign country," he said.

ITALIAN ITINERARY

Hrithik-Kiara all set to shoot for romantic song

In the highly anticipated sequel War 2, Hrithik Roshan reprises his role as agent Kabir, now facing off against south superstar Jr NTR.

The film introduces a fresh pairing of Hrithik with Kiara Advani, who will share the screen for the first time, adding excitement to the action-packed narrative. The production team is now gearing up for an exciting phase as they prepare to shoot a romantic song featuring Bollywood stars Hrithik Roshan and Kiara Advani in Italy.

As the project progresses, director Ayan Mukerji is shifting the narrative from action to a more romantic tone, with plans to film the song starting September 18, as reported by Mid-day. The picturesque landscapes of Italy will serve as the backdrop for the new romantic number. Ayan and producer Aditya Chopra are exploring lesser-known, breathtaking locations within the region. An insider told the portal that the Italy schedule will last for around 15 days and Ayan plans to shoot a song for the first six days.

The romantic track, composed by Pritam, is being crafted on a grand scale, with filming set to take place in stunning locales such as Venice, Tuscany, Lake Como, Naples, the Amalfi Coast, and the Sorrento Peninsula.Following this musical interlude, the production will pivot back to action, capturing high-octane sequences and dramatic scenes before returning to India in early October.

In a bid to maintain the confidentiality of the shoot and prevent any leaks, the production team has taken significant measures. They have enlisted an extensive security detail of Italian personnel to patrol the locations. **—ETimes**

Why erotic scenes are important

Hollywood actor Drew Starkey, who shares several intimate scenes with Hollywood star Daniel Craig in "Queer", finds it imperative to integrate sexuality into stories.

Starkey told The Hollywood Reporter: "I think as American audiences, we can be very uptight about that stuff, sex scenes, whatever, which is strange. It feels a little prudish to be like 'ooh if that's in a movie that taboo' but if it's on our phones, it's fine.

"(I'm glad) sexuality is coming back to the theatres because I think it's imperative we integrate sexuality into our stories, it's the way to better understand ourselves. You learn so much about a person by looking at the way they are intimate with one another."

He reminisced about how he and Craig immediately got to work on getting a sense of "familiarity with each other"

once production had begun, reports femalefirst.co.uk.

He said: "We jumped into it, just grabbing and throwing our bodies on top of one another, rolling around, getting intermingled." **— IANS**

Zoe wants in on the action

Hollywood actress Zoe Saldana is having a terrific run at the movies with her films having earned $15 billion. However, the actress has shared that she wants to make her foray into direction.

The actress shared that the genre of action films feels the most appealing to her as a director, reports 'Variety'.

She said, "I've never seen a woman direct James Bond. I like 'The Equalizer'. I watch crime shows, and, so, maybe in the future. I've always been drawn to heist themes. 'Heat' is a film that I need to watch at least once a year and analyse it, and the way that Michael Mann just pairs it all together, the way that everybody performed it. So, I would love to start with an action-heist sort of thing". As per 'Variety', she further mentioned that she never boxes herself in. She said, "I can do anything. Just like Ang Lee did 'Sense and Sensibility', correct? I can also do a Jane Austen one day. You never know".

Her film 'Emilia Perez' has entered Toronto Film Festival with loads of awards-season buzz after conquering Cannes. **— IANS**

'Take care of yourself...'

Actor Rashmika Mandanna, who hasn't been active on social media lately, has shared that she recently had a minor accident.

She took to her Instagram account on Monday to give the fans an update on her situation.

Posting a photo of herself, Rashmika wrote, "I know it's been a while since I came on here or was even seen in public. The reason I haven't been very active in last month is because I had a little accident, (a minor one) and I was recovering and was staying at home as I was told to by the doctors."

In her message, she also shared the importance of self-care, and added, "Make it a priority to take care of yourself -always!! Because life is super fragile and short and we don't know if we will have a tomorrow so choose happiness every day."

Meanwhile, on the work front, Rashmika was last seen in Ranbir Kapoor's film Animal. The actor will be next seen sharing screen space with Vicky Kaushal in the upcoming film 'Chhava'. Laxman Utekar directed the historical drama 'Chhaava'. **—ANI**